

CHOOSE THE PATH TO PERFORMANCE POWER!

TRAINING BURNS CALORIES! A soldier in training uses as much energy as a serious competitive athlete. It is important to eat enough food to keep your energy up.

DURING PHYSICAL TRAINING men can burn 3000-4000 calories/day and women 2000-3000 calories/day. When burning so many calories, you need to eat the right foods to maintain your energy level.

PERFORMANCE NUTRITION will help you improve your training. Give it a try! You should start to feel better within a couple of weeks.

REMEMBER ... even when you are no longer in a physically demanding job, use the food pyramid to guide your choices ... just reduce the portions.



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Carbohydrates ... your best source for energy.

Carbohydrate foods include fruits, vegetables, breads, cereals and pasta. 55-70% of your calories should come from carbohydrates.

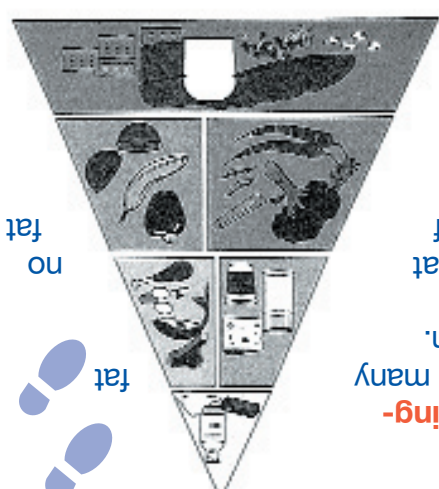
Protein ... important when in heavy physical training.

Protein is found in milk, cheese, meat, eggs, poultry and dried beans. Only 12-15% of your calories should come from protein. Most people consume much more protein than is necessary. Two glasses of milk and two 3-4 ounce portions of meat a day, combined with the small amounts of protein found in grains and vegetables, are more than adequate.

Sugars & fats ... eat sparingly.

Too many calories will slow you down. During high activity, a 170 lb. man should eat more than 120 grams of

and a 130 lb. woman should limit her fat intake to less than 80 grams. One double cheese-burger can use up 30-60



WARNING DON'T BE BAMBOOZLED

“LOSE 5 LBS. IN A WEEK ... BE STRONGER ... GAIN MUSCLE FAST ... HAVE MORE ENERGY!”

TOO GOOD TO BE TRUE? PROBABLY.

Although dietary supplement manufacturers cannot put specific health claims on their labels without government approval, beware that misleading claims often appear on related promotional materials that are not regulated. Brochures, posters, or advertisements in magazines or on TV may be used to present claims that cannot appear on product labels.

Many of these health and performance claims are based on poorly controlled research or pure rumor. Reliable scientific research continues to show, with only a few exceptions, that these products do not work as their manufacturers would have you believe.

Even with substances that might work, many manufacturers put in just enough to get the buzz words on the label, but not enough to give you any real performance benefit.



WARNING DON'T BE BAMBOOZLED

Dietary Supplement “*breakthroughs*” only boost the profits of the manufacturer, but for performance ... most are of no use at all.

The claims? Exaggerated. Often false. The success stories? Undocumented. Likely caused by a placebo effect.

Placebo Effect. If someone truly believes that a product will help, they will likely see results, even if the product is a sugar pill. The placebo effect is real and result. The belief did. The placebo effect is real and extremely powerful. So instead of believing in expensive pills and powders, eat a performance diet and believe in your own abilities.

Never allow supplements to take the place of a balanced diet. A performance diet, regular exercise and a positive mental outlook are all you really need to look and feel your best.

PERFORMANCE NUTRITION IN THE FIELD

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Taking the time and effort to eat properly in the field can pay off in increased mental alertness and physical stamina.

Weight loss in the field **is a big deal**. When you are in the field, you may burn almost twice the calories as when you are in garrison. Cutting back on calories will deprive you of the energy you need to keep up.

Any quick weight loss during field operations consists mostly of water and muscle, which is detrimental to health and performance. This can cause fatigue and loss of strength.

Try to eat at least a snack every 3-4 hours. This will keep your stamina up and your morale high.

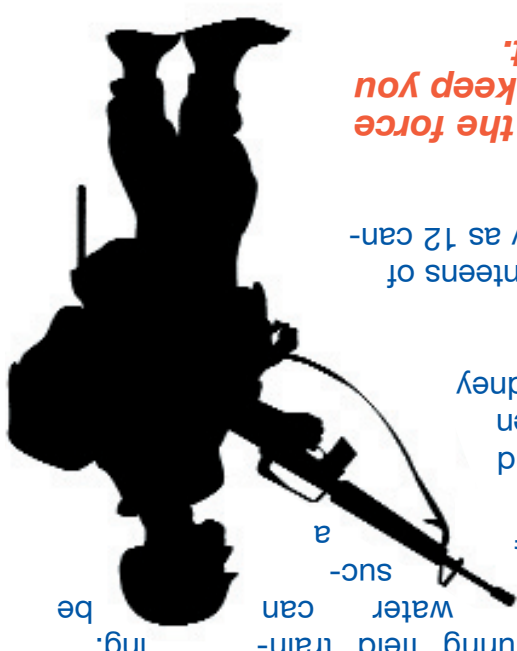
Eat all of the rations or at least some of each item to get the balance of nutrients needed. No one item is nutritionally complete.



Fluids are essential during field training. The right amount of water can be the difference between success or failure of a mission. Dehydration can zap your strength and erode your stamina. When ignored, it can lead to kidney or liver failure and death.

Drink **at least** 4 quart canteens of water a day and as many as 12 canteens in hot climates.

Food and water are the force multipliers that can keep you at your fighting best.



NUTRITION TIDBITS

What is the difference between starch and sugar?

Starch is a complex carbohydrate. Foods high in starch are breads, pasta, and potatoes. These foods provide vitamins, minerals, and usually fiber, as well as calories.

Sugar is a simple carbohydrate. Sugar provides calories but no vitamins, minerals, or fiber. Jelly beans, candies, honey, and soda have a lot of sugar but few nutrients, and therefore are called empty calories.

Where do calories come from?

Calorie is the unit of measure for energy. There are three major nutrients that provide calories:

9 calories/gram	FATS
CARBOHYDRATES	4 calories/gram
4 calories/gram	PROTEINS

PS: Don't forget to count the calories in alcohol: 7/gram.

Do vitamins and minerals provide calories?

No. Vitamins and minerals are the “spark plugs” that enable our bodies to process energy producing nutrients. Vitamins and minerals cannot be produced by our bodies. We must get them in food.



NUTRITION TIDBITS

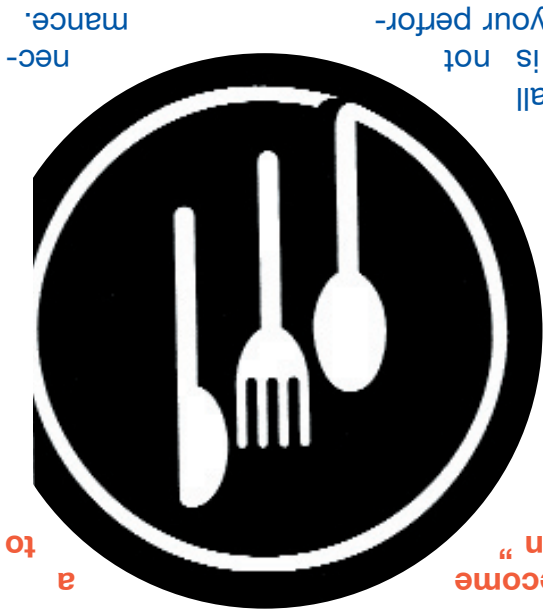
Does sugar contain fat?

No. Sugar is a form of carbohydrate. But, excess calories eaten from sugar can be stored as body fat.

Do I have to become “vegetarian” to perform better or to be healthier?

No. Vegetarian is a term used to describe people who limit or eliminate animal products in their diet. Although a vegetarian diet can be healthy and lowfat, eliminating all animal products is not

essential to improve your performance.



Can I substitute the protein in cheese for the protein in meat?

Yes. The protein in cheese and all dairy foods is of high quality, just as the protein in meat, chicken or fish. **But be careful,** whole milk cheese contains an average of 60-80% of its calories from fat! Reduced-fat or nonfat cheeses are better choices.



Water is your most important nutrient and should not be ignored.

% of Body Weight Loss	THE BODY'S REACTION
2%	Thirst, fatigue, increased core body temperature, increased risk of heat illness
2-5%	Vague discomfort, decreased physical capacity, nervousness, irritability, increasing fatigue, difficulty concentrating
6-10%	Weakness, headache, dizziness, shortness of breath, garbled speech, mental confusion
10%+	Lack of coordination, loss of balance, delirium, deafness, kidney failure, death

MEETING YOUR BODY'S NEEDS... WATER!

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Did you know that 50-60% of your body is water?

WATER carries nutrients to your muscles and organs as well as carries waste products away. **Water** also maintains your blood volume and blood pressure, which send oxygen and sugar to the brain. **Water** regulates your body temperature by cooling you down when your muscles heat up (this results in sweating). When your body runs low on **water**, you become dehydrated.

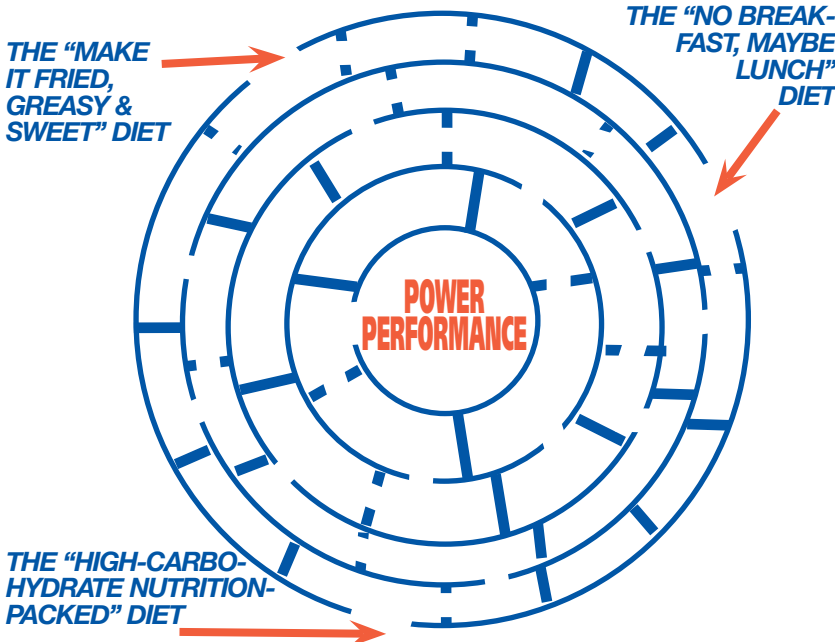
DEHYDRATION can occur at any temperature and under any circumstance. You lose **water** faster when the intensity and duration of your activity increases and when the environmental temperature rises.

WHEN EXERCISING, make sure you drink 4-6 ounces of **fluid** every 10-15 minutes. Cool **water** is your best choice for **fluid** replacement, but for hard exercise lasting over an hour, commercial **fluid** replacement drinks and diluted fruit **juices** can provide beneficial carbohydrates. Avoid sodas or high-sugar drinks, as these can cause cramps and diarrhea.

FIND THE WAY TO PERFORMANCE POWER

Are you performing at your best?
Do you have the stamina to meet performance expectations?

Which path are you taking?



What and when you eat *can* influence your performance!

- On the road to Performance Power remember:
- Nutrition plays a large role in how your body responds to training.
 - Eating for performance:
 - Increases energy levels
 - Shortens recovery time
 - Sharpens concentration
 - Improves emotional composure
 - If you don't eat well, your body will not be able to sustain itself. You will easily tire and will not be able to perform at an optimal level.

The path to Performance Power is Good Nutrition!



WHAT'S YOUR FOOD IQ?

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1 What % body weight must you lose from dehydration before it hinders your physical performance?
a) 2% b) 5% c) 10% d) 50%

ANSWER: a. 2%; as little as 2% weight loss can lead to fatigue and increase your risk for heat injury.

2 How much water do you need to drink to replace 1 lb. of weight lost in sweat?
a) 1/2 cup c) 1 quart b) 2 cups d) 1 gal.

ANSWER: c. 2 cups. Drink 2 cups water (16 oz.), for every pound lost

3 **True or False?** You must eat a fat-free diet to maximize health and performance.
ANSWER: False. A fat free diet would be unrealistic and difficult to maintain, and would be missing key nutrients. A healthy diet can include 20-30% of its calories from fat as long as it's balanced with carbohydrates.

4 A tablespoon of salad oil (pure fat) has how many calories? **a) 40 b) 80 c) 120 d) 200**
ANSWER: c) 120 calories.



ANSWER: b) beer. Beer contains mostly alcohol and only a small amount of carbohydrates. The alcohol content would cause you to lose valuable body fluid, making you more dehydrated.

7 You are exercising outside and it's 100° in the shade! You're dehydrated. What's the *worst* beverage to drink?
a) soda b) beer c) diluted fruit juice d) water

ANSWERS: bagel, rice, & cornflakes

6 Which foods are high in complex carbohydrates?
bagel or orange juice chicken or rice hamburger or corn flakes

ANSWERS: potato chips, orange soda, cream cheese, grape jelly, & corn curls

5 *Empty calories* are foods that contain few vitamins or minerals and mostly sugar or fat. Which foods contain *empty calories*?
cream cheese or cot- baked potato or potato chips orange juice or orange soda grape jelly or corn curls corn tortilla or corn curls

tage cheese

DID YOU KNOW?

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! Beer is sometimes thought of as being high in carbohydrates. But, only 1/4 to 1/3 of the calories

- in beer are from carbohydrates. The majority of the calories in beer are from alcohol, which causes our bodies to lose necessary fluids. This fluid loss can promote dehydration, particularly in hot weather!

! Our bodies are 50-60% water. About 3/4 of brain and muscle

- mass is water. Since our bodies contain so much water, we need to drink plenty of water each day to stay well hydrated!

! Cold water cools you off faster in hot weather than warm water and does not

- “shock your system” or “give you cramps.” Cold water empties from the stomach faster than warm water and works faster at replacing valuable lost fluids. Cold water in cold weather is not a good choice, however; warmer fluids are preferred to help increase your body temperature!



! Eating too much sugar before physical activity, instead of giving you a burst of energy, can actually hurt your performance. A lot of sugar can cause cramps, nausea, diarrhea, bloating and abrupt swings in blood sugar that can cause fatigue.

! Getting ready for a challenge! Your muscles may be well stocked with glycogen, but your brain relies on a constant supply of blood sugar for energy. Skipping breakfast can result in a blood sugar drop, thereby depriving your brain of glucose and decreasing your concentration or desire to perform!

! Eating a lot of protein will not increase muscle growth and strength. What you do need is a high-calorie, high-carbohydrate diet to give you the energy it takes to do the heavy training required to build muscle!



SETTING THE BALANCE FOR PERFORMANCE NUTRITION

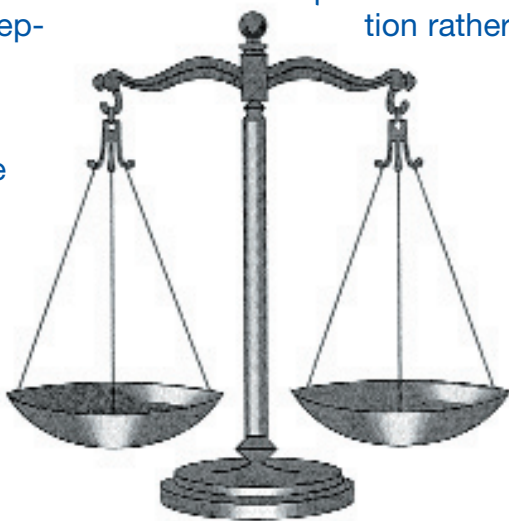
SETTING THE BALANCE FOR PERFORMANCE NUTRITION

Do you think eating a balanced performance diet means giving up your favorite foods or eating foods you don't like ... tofu and sprouts or only chicken?

It doesn't have to be that way!

If your favorite foods are high-fat or high-sugar (like fried chicken or ice cream), you don't have to eliminate them. Just remember to have smaller portions and make them the exception rather than the rule.

If most of your foods are high-carbohydrate performance foods (like whole grains, fresh fruits, and lowfat milk), having a treat occasionally won't tip the balance.



High performance depends on good nutrition — it can be a way of life.



- Get two hamburgers instead of the double cheese-burger or try the broiled chicken sandwich instead of the "specialty burger".
- Cut the fat content in half by substituting vegetables for sausage or pepperoni on your pizza.
- Limit your intake of fatty meats such as; bologna, pastrami or hot dogs. Try roast turkey or lean roast beef instead.

Eating well is easy to do even in chow lines or fast food restaurants.

Nutrition is important to maintain physical and mental performance. Eating a balanced meal could easily include foods like pasta, pizza, or beef.

TIME TO RATE YOUR PLATE ...



Look at your meal selections. Is this meal a Performance Meal? Well, let's see! Read each question and note the points (pts) of your answers. Add up your score and see how well you've done.

- 1. How many servings of grain products are on your plate?** (ex: 1 serving = 1 slice of bread, 1/2 bagel or muffin)
 a) 4 or more (3 pts) c) 2 (1 pt) e) none (-2 pts)
 b) 3 (2 pts) d) 1 (0 pts)
- 2. How many servings of fruits and vegetables do you have?** (Do not count anything fried, mushrooms, celery or iceberg lettuce. ex: 1 serving = 1 med. fruit, 1/2 cup vegetable, 3/4 cup fruit juice)
 a) 4 or more (3 pts) c) 2 (1 pt) e) none (-2 pts)
 b) 3 (2 pts) d) 1 (0 pts)
- 3. What type of milk or yogurt do you have?**
 a) Skim (3 pts) c) Whole milk (0 pts)
 b) Lowfat (1 pt) d) None (-2 pts)
- 4. How many servings of meat, fish or poultry?**
 (1 serving = 3 oz., size of a deck of cards)
 a) 1 (2 pts) b) None (0 pts)
 c) 2 or more (-1 pt)



Add up your points! Maximum points = 24!
Over 18 pts. Excellent Performance Meal! You're already a Performance Power person. Keep up the good work!
13 to 17 pts. Good Job. You're on your way! Keep on making those Performance Power Choices.
8 to 12 pts. Fair. Your diet needs some work. Less meat & fat and more grains, fruits & vegetables should do the performance trick.
Less than 8 pts. Wow do you have room for improvement! Imagine how much better you'll perform with Power Choices!

8. Did you try to make Performance Power choices?

- a) Yes (4 pts) b) No (-2 pts)

7. Do you have dessert?

- a) No (3 pts)
 b) Yes; fresh fruit (3 pts)
 c) Yes; jello, lowfat yogurt, angel food cake (1 pt)
 d) Yes; pie, cake, cookies, ice cream (-3 pts)

6. What beverage do you have?

- a) Water, mineral water, soda water or skim milk (4 pts)
 b) Fruit juice (3 pts)
 c) Diet soda (1 pt)
 d) Fruit drink, soda, coffee or tea (0 pts)

5. Did you remove the skin from poultry and trim all visible fat from meat?

- a) Yes (2 pts) b) No (-2 pts)



TIME TO RATE YOUR PLATE ...